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special education as will in the near future be offered them by the proposed post-graduate school for social nursing which has just been provided for by the magnificent gift of Mrs. Helen Hartley Jenkins to Teachers' College, Columbia University. With such a preparation as this they should enter the field of visiting nursing ready to dignify it by making it one of the most effective agents for social betterment the world has ever known.

HYDROTHERAPY AS PRACTICED IN THE MANHATTAN STATE HOSPITAL

[Through the courtesy of Dr. William Mabon, superintendent and medical director, and Miss Townsend, superintendent of nurses, we are enabled to give the following description of methods used in the hydrotherapy room of the Manhattan State Hospital on Ward's Island, N. Y.]

THE hydrotherapy room of the Manhattan State Hospital is divided into two well-lighted compartments, one of which is furnished with a daintily-made bed, a table upon which is placed some attractive growing plant and also a bowl of ice for cooling head compresses, white shelves with neatly folded towels, a tiled floor with rugs and a chair, while its chief articles of furniture are the two hot-air boxes. These are constructed with movable tops and doors; in the top is a hole through which the patient's head projects, and within the boxes are adjustable seats which may be raised or lowered according to the height of the patient. They are heated by a system of pipes regulated by valves at one end, and the heat registered by thermometers; the indicator of each is on the top of the box and the bulb reaches down within.

The other compartment of this room is given to the hydrotherapeutic apparatus. The floor of this compartment is asphalt. There is a second floor above the asphalt consisting of narrow strips of wood laid about one inch apart, through which the water runs, thus leaving the floor always comparatively dry. The walls of the entire room are tiled and in this compartment there are in addition slabs of slate placed along the wall, reaching about seven feet from the floor. The principal piece of furniture here is the douche or regulating table which is a combination of pipes covered by marble slabs, the table being four feet long, three feet high, and two feet wide. As we look down upon the top of this table we notice that it is divided across the top by two pieces of rubber hose about two and one-half feet long, with brass nozzles, which lie side by side across the whole width of the table, nearly at its centre; these are used for giving the jet douches. To the right of the hose

on the top of the table are two rows of valves, extending lengthwise from right to left, three valves in each row; those in the first row are marked, respectively, cold, hot and ice, and they control the temperature of the water for the different douches on this side of the table. In the second or rear row are valves controlling the circular or needle douche, the rain douche, otherwise known as the spray, and the perineal douche. Still further to the rear is a thermometer registering the temperature of the water used and a dial registering the pressure; this pressure is regulated by two valves not on the top of the table but conveniently placed near the operator on one of the perpendicular sides of the table, one of these valves controlling the pressure of the water used on the right side of the table, and the other controlling that used on the left side. There is also a stop clock on this side of the table by which the nurse regulates the time of treatment.

On the left side of the top of the table are four valves controlling, respectively, the hot and cold water for the continuous bath, the steam douche, and the sitz-bath. A thermometer here shows the temperature of the water used on this side of the table; the pressure dial before mentioned indicating the pressure for this side of the table also.

Just in front of the douche table is a white porcelain sitz- or hip-bath; in front of this coming up from a pipe in the floor is the perineal douche, over which is placed a stool twenty-five inches high, with a hole in the seat, upon which the patient sits while receiving the douche. In the rear right hand corner of this compartment is the apparatus used for the circular and rain douches. This consists of four pipes coming perpendicularly from the floor and forming four corners of a square. On the inside of each pipe facing the centre of the square are four rosettes, and when the patient stands in the centre of the square she is surrounded by these rosettes, from which issue the water forming the circular or needle douche. The top rosette on each pipe is movable, and can be turned upward or downward according to the height of the patient, in this way preventing the spraying of her face. Above the patient's head is a larger rosette through which comes the water forming the rain douche. Next to this apparatus, in the rear left hand corner, is the tub used for the continuous bath, which will be described later. Along the left hand side of this compartment is the "Turkish table," which consists merely of a marble slab at the foot of which is a spray used for heating the marble and also in giving the Turkish bath.

With the arrangement of apparatus here described, the nurse, standing at the douche table, is able to give any of the eight following douches, fixing exactly by the valves the temperature and pressure of each.

(1) The circular douche (needle douche); (2) the rain douche (shower); (3) the fleury douche (combination of the two above); (4) the jet douche (this is given by means of the rubber hose, the jet of water from which is moved upward and downward on the body of the patient); (5) the fan douche (same as the jet douche except that the nurse places her finger in front of the nozzle, thus making the spray fan-shaped); (6) the Scotch douche (alternating the two jet douches, one containing hot water and one cold); (7) the steam douche (using the apparatus for the jet douche with steam); (8) the perineal douche.

A definite idea of the methods used in such treatments can best be secured by illustration with a concrete example. In the first place no patient is treated without a written prescription signed by a physician. An example of such a prescription is as follows:

H. A. B. Temp. 100° F. to 180° F. durat. 15'.

C. D. Temp. 95° F. to 90° F. durat. 2'.

10 to 15 lbs. pressure

Dr. Blank.

The interpretation and the proper procedure in carrying out this prescription are as follows: "H. A. B.," when translated, means hot-air bath; the patient is wrapped in a sheet, she then seats herself in the hot-air box, with her feet resting on a towel, and when the box is closed the head projects through the hole in the top of the box. A towel is placed about the neck, filling in the space between the neck and the edge of the opening, and an ice compress is placed about the head. The bath at 100° F. is allowed to rise to 180° F., where it is kept stationary by means of the valve before described, and here it remains until the patient has been in the box for a total period of fifteen minutes. While the patient is in the box the nurse prepares for the next treatment, namely, "C. D.," which translated means circular douche. She turns the valve directing the water into this douche, then she turns on the cold water, and once more she reads the prescription that she may be sure of the correct pressure and temperature; she then turns the valve to give a pressure of ten pounds, and lastly regulates the temperature by means of the hot water valve to 95° F. Everything is now ready for the patient, and after once more comparing the prescription with the douche as she has it prepared, at the expiration of the stipulated time for the hot-air bath she opens the hot-air box, waits a minute before removing the patient, and then requests the patient to drop the sheet and place herself in position for the douche. Gradually the nurse brings the temperature

down to 90° F., and raises the pressure to 15 pounds. This treatment is continued for two minutes as the prescription calls for; the patient is then wrapped in a warm sheet and rubbed briskly with a Turkish towel, after which she dresses herself and returns to the ward.

The patients treated by the different douches are mainly depressed cases and the more chronic affections.

In addition to the main hydrotherapeutic room in this institution there are, in connection with several of the wards, bathrooms containing two continuous bath tubs with a control table smaller than the one described as being in the general treatment room. This smaller table has only two valves, for hot and cold water respectively, and two thermometers registering the temperature of the water respectively in the two tubs.

The tubs used for the continuous baths are large and deep with rolling edges, and under the edges are hooks for the attachment of a canvas hammock upon which the patient lies. There is an inlet at the head of the tub into which the water runs continuously while the tub is in use, and three outlets at the foot, one near the top which prevents overflow, one at the bottom, and one near the middle with a large stopper by which the tub can be emptied of all excreta. The flow of the water and its temperature are controlled entirely from the table, and in addition to this in order that all possible danger of mistake may be avoided, a bath thermometer is kept in the tub tied to its edge. The thermometer in the tub registers a slightly lower temperature than that shown on the control table, the difference varying from 1° to 3° F., according to the apparatus.

The patients treated by these baths are restless, delirious, and violently disturbed cases. They are kept in the tub usually for the entire twenty-four hours without removal except for cleaning the tubs, and for a sufficiently long period to allay their excitement, varying from a day to two or three months.

The following is the routine procedure of preparing the tubs for a patient and placing the patient therein. In the first place the tubs are drawn half full of water, the hammock placed in position, and the patient, wearing a chemise, placed on the hammock; across the whole length of the tub are stretched sheets tied at each side, thus entirely covering the patient except her head which rests upon a rubber air cushion. If the patient is very disturbed and assaultive, it may be necessary to wrap her in sheets secured with safety pins until she becomes quiet. The water is kept at a temperature of from 98° F. to 100° F. except in very hot weather when it is sometimes allowed to drop to 95° F. Every

morning the patient is removed for an hour while the tub and the hammock are cleaned and the patient's entire body anointed with some bland ointment to prevent irritation from the continuous application of the water.

A nurse in charge of the bathroom is on duty eight hours; her duties are to watch the temperature of the water, attend to the ventilation and keep the patients as quiet as possible, take their temperature twice a day or oftener if ordered, and feed them unless they are able to feed themselves. Each nurse, as a rule, has two patients. There are ten such tubs in all throughout the hospital.

THE INVALID'S LUNCH-BOX

BY E. GRACE McCULLOUGH

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THE nurse who has been thoroughly trained in the proper serving of an invalid's tray, with its spotless linen, dainty china, and orderly arrangement of delicious food, might feel handicapped, if suddenly called upon to prepare a suitable, acceptable lunch for a patient starting upon a journey without any knowledge of the accessories which go to make the lunch-box as attractive as the lunch-tray.

Why a lunch-box? The question may well be asked in this day of luxurious travel, when an *a la carte* restaurant is on every steamer and a "diner" on every express train.

We are all more or less conscious of a restlessness, consequent upon the thought of a journey; how much more will a patient, after an illness, feel the nervous strain of the getting ready, the getting off, the bustle and hustle of the modern railway station or dock. Then, too, it is not infrequent that the meal preceding the departure could not be taken, so it may become necessary to have "just a little" before the "diner" is attached, or there is no strength to go for it, as the swing of a train and the roll of a steamer may unsettle the hardest. Changing at out-of-the-way junctions where suitable food, even any food, is impossible to secure, is also a probable reason why a nurse should be prepared for the emergency.

A dainty lunch, put up in the most attractive manner, is part of the work in the nurse's course in the diet kitchen at the Massachusetts General Hospital. When lunches are required, the order is issued from the